



The Center for
HARM REDUCTION
Therapy

harmreductiontherapy.org

415-863-4282

Over *the* **INFLUENCE** *with*
Dr. Patt Denning, PhD and Jeannie Little, LCSW

Wednesday, January 17, 2018, 6:00 to 7:15 PM

**San Francisco Main Library
100 Larkin Street, San Francisco
Latino/Hispanic Meeting Room**

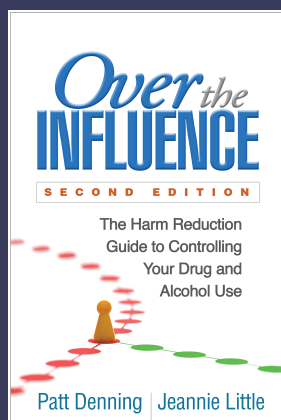


Patt Denning, PhD



Jeannie Little, LCSW

Over the Influence is a free talk for people who struggle with alcohol and drugs and for the people who care for them. The talk, by Patt Denning, PhD and Jeannie Little, LCSW of The Center for Harm Reduction Therapy, is based on the book by the same name: *Over the Influence: The Harm Reduction Guide to Controlling Your Drug and Alcohol Use*.



Over the Influence is about harm reduction, a radical approach to understanding and managing drinking and drug use. Harm reduction is realistic about how entwined alcohol and drugs can be in your life - it recognizes that alcohol and drugs are sometimes a problem, sometimes not, sometimes devastating, sometimes helpful. *Over the Influence* helps people to evaluate their relationship with drugs and take gradual, realistic steps toward change.

SAN FRANCISCO • OAKLAND • SAN JOSE • MILL VALLEY • TEL: 415.863.4282

PO BOX 24666, OAKLAND, CA 94623 ADMINISTRATIVE OFFICE TEL/FAX: 510.251.1139 • WWW.HARMREDUCTIONTHERAPY.ORG